

## AYURVEDIC INTAKE FORM

Circle the letter (v, p or k) next to the answer based on the state of your natural being throughout your life. The focus is you, the real you, not what happens to be true recently (unless you've been through a life-changing transformation) nor what you wish to be. You may float between two answers and in that case, pick both. Add up the totals for each v, p, and k at the end. The test will tell you if your Dosha is Vata, Pitta, Kapha or any combination of the three.

### **PHYSIQUE**

- v) I am a slender person and I hardly gain weight
- p) I am medium build
- k) I am well built and I gain weight no matter what I do

### **SKIN**

- v) My skin is dry, thin, and itches often
- p) My skin looks flushed; I have lots of moles and freckles on my body
- k) My skin is smooth and soft, it looks pale sometimes

### **HAIR**

- v) My hair is dry, thin and brittle
- p) My hair is neither dry nor oily (men, receding hairline)
- k) My hair is thick, full, lustrous, and slightly oily

### **FACE**

- v) My face is oval
- p) My face is triangular (pointed chin, prominent jaw line)
- k) My face is round

### **EYES**

- v) My eyes are small; they feel dry often and have a bit of dullness (usually brown)
- p) My eyes are medium in shape; sharp & penetrating (usually blue)
- k) My eyes are big and round in shape, full eyelashes

### **HANDS**

- v) My hands are generally dry, rough; slender fingers; dry nails
- p) My hands are generally moist, pink; medium fingers; soft nails
- k) My hands are generally firm, thick; thick fingers; strong & smooth nails

### **JOINTS**

- v) My joints are small, prominent bones, and often crack
- p) My joints are medium and loose
- k) My joints are large, sturdy, with lots of muscle surrounding

**ACTIVITIES**

- v) I am a very active person (always on the go, mind constantly thinking)
- p) I like to think before I do anything
- k) I am steady and graceful (I don't like to rush)

**ACTIONS**

- v) I walk fast and talk fast
- p) My actions are very thoughtful and precise
- k) I like a slower pace and I take my time to accomplish things

**SLEEP**

- v) I do not sleep soundly at night. I tend to toss and turn. I wake up early in the morning
- p) I am a light sleeper but if something wakes me up, I can go back to sleep easily
- k) I am a heavy sleeper

**APPETITE**

- v) Varies, sometimes I feel hungry, sometimes not, I feel anxious if I don't eat
- p) I always feel hungry. If I don't eat I get irritable and angry
- k) I don't feel very hungry. I can go without food easily for a day

**BOWEL MOVEMENT**

- v) I tend to have constipation and can go a day or two without a bowel movement
- p) I am regular and sometimes stools are loose (tend to get diarrhea)
- k) I have no problem. I wake up to go to the bathroom.

**VOICE**

- v) My voice tends to be weak or hoarse
- p) I have a strong voice, I may get loud sometimes
- k) My voice is deep, has good tone

**EMOTIONS**

- v) I am a born worrier, I often feel anxious and nervous
- p) If things don't happen my way, I feel irritable and angry
- k) I am a happy person, very caring and loving

**WEATHER PREFERENCE**

- v) I love warm and humid weather
- p) I enjoy cool weather, I dislike a warm climate
- k) I like warm but dry weather

**SWEATING**

- v) I sweat little but not much
- p) I sweat profusely and it might have an unpleasant odor
- k) I never sweat, unless working very hard

**MEMORY**

- v) I remember quickly and forget quickly
- p) I remember what I want to remember and never forget
- k) It takes me a while to remember, but once I do I never forget

**ACTIONS**

- v) I tend to be spontaneous
- p) I am a list maker, unless I plan, I don't do anything
- k) I don't like to plan, I prefer to follow others

**STAMINA**

- v) I like to do things in spurts and I get tired very easily
- p) I have medium stamina
- k) I can work long hours and maintain good stamina

**MIND**

- v) My mind gets restless easily
- p) I get impatient easily
- k) It takes a lot for me to get mad, I usually feel very calm

**DECISION MAKING**

- v) I change my mind more often and will take time to make a decision
- p) I can make a decision easily and stick with it
- k) I want others to make the decisions

**PERSONALITY**

- v) "can I change my mind?"
- p) "it's my way or the highway!"
- k) "don't worry be happy!"

**SPORTS**

- v) I like action
- p) I like to win
- k) I like to have fun

**HEALTH PROBLEMS**

- v) My symptoms are mainly pain, constipation, anxiety and depression
- p) I often get skin infections, fevers, heart burn, hypertension
- k) I tend to get allergies, congestion, weight gain and digestive problems

**HOBBIES**

- v) I like art (drawing, painting, dance) and travel
- p) I like sports, politics, and things that get my adrenaline pumping
- k) I like nature, gardening, reading, and knitting.

Total V \_\_\_\_\_ P \_\_\_\_\_ K \_\_\_\_\_

The highest score is your Prakruti (body constitution) also known as your Dosha.

Name \_\_\_\_\_ Date \_\_\_\_\_